



HOW DOES LIFE SKILLS EFFECT STRESS OF TRIBAL ADOLESCENTS WITH RESPECT TO TRIBES? A STUDY ON TRIBAL ADOLESCENTS OF SURGUJA DISTRICT, CHHATTISGARH

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ABSTRACT

Present study consists of the tribal adolescents belonging to different areas of Surguja district of Chhattisgarh, India. The study is mainly conducted to find out the effect of Life Skills on Stress with respect to tribes. The investigator chose the adolescent students belonging to three different tribes i.e. Oraon, Gond and Kanwar. The tools used for this study is a self made Life Skill inventory, that is, "An inventory of conventional adaptation to life skills in tribal students", which consists of 10 dimensions of Life Skills viz: (1) Seeking Social Support, (2) Problem Solving, (3) Self Blame, (4) Keep to Self, (5) Tension Reduction, (6) Conflict, (7) Social Action, (8) Spiritual Support, (9) Physical Recreation, and (10) Professional Help. Each dimension containing 6 items which makes it a total of 60 items with any three possible responses that is 'yes', 'no', and 'don't know'. Cronbach alpha is considered to be a measure of scale reliability. Cronbach's alpha can be written as a function of the number of test items and the average inter-correlation among the items. The alpha coefficient for the items is 0.75 suggesting that the items have relatively high internal consistency. Stress Inventory for School Students (SISS) prepared and standardized by Seema Rani and Dr. Basant Bahadur Singh (2008), published in H.P.Bhargava Book House, Agra. The results indicated that dimensions Keep to self, Social action, Tension Reduction and Life Skills Total are effecting the Stress of tribal students.

KEYWORDS: Life skills, Stress, Adolescent, Tribes, Oraon, Gond, Kanwar.

INTRODUCTION

Chhattisgarh was formed on 1st November 2000 by partitioning 16 Chhattisgari speaking south eastern districts of Madhya Pradesh. Exact history of the word Chhattisgarh is not known but till now several opinions have been given regarding the origin of the word Chhattisgarh, in the past this region was called Dakshin Kosala (South Kosala). In the year 1795 the name 'Chhattisgarh' first appeared in an official document and became popular during the Maratha Period. Some historians and experts gave their views that the corrupted form of 'Chedisgarh' which means 'Raj' or 'Empire' of the 'Chedis', turned into the word Chhattisgarh.

Present research work is conducted at district Surguja of Chhattisgarh which is located in the northern part of the state and its headquarters is located at Ambikapur. According to census 2011 surguja district has a total population of 2,361,329 in which 11,95,145 are males and 11,66,184 are females. Tribal population that is near about 13,00,628 according to census 2011.

The Scheduled Tribes

The term Scheduled Tribes first appeared in the Constitution of India. Article 366 (25) defined scheduled tribes as, "such tribes or tribal communities or parts of or groups within such tribes or tribal communities as are deemed under Article 342 to be Scheduled Tribes for the purposes of this constitution". For the present study investigator chose the following three tribes i.e. Oraon, Kanwar and Gond. Tribals are usually elusive in their nature and behaviour and are very secluded and shy people. They do not easily accept the modernization and are still practicing their culture, customs and occupations. Their occupation is farming and collecting jungle fruits which they often sell in the market. They are not aware about the modern world and the different culture of the modern society. This can be seen as they still don't use the weights for selling some food items.

The Oraon tribe also spelled as 'Oran' or 'Uraon' they are tribal aboriginals inhabiting in various parts of India and in Chhattisgarh state.

Kanwar tribes are believed to be the descendants of the Kaurava's in Mahabharata. They are the scheduled tribes inhabiting in Chhattisgarh mostly in Jashpur, Raigarh, Surguja and Korba districts. They are also called Kavar, Kanwar, Kaur, Cherwa, Rathia, Tanwar, Chattri etc.

Gond tribe are aboriginal tribe of Gondwana area and are given official status under an administrative scheme called Scheduled Tribes of India after independence. Gond tribe is the largest tribe of India basically found in the states of Andhra Pradesh, Uttar Pradesh, Bihar, Chhattisgarh, Gujarat, Jharkhand, Madhya Pradesh, Maharashtra, Telangana, Orissa and West Bengal.

Life Skills

Life skills have been defined as, "the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life" (WHO, 1997a, p.1). Life Skills are the skills present in humans which are either learned/acquired from the direct experiences of an individual in the course of their life. The list of Life Skills is indefinite, any trait which helps an individual to live a better and satisfying life is a skill. We all are living a very advanced and luxurious life, where we meet all our needs and our requirements

are getting fulfilled. We of course have learned many skills to make our life successful and satisfying according to the place we live. Our tribes also have learned the skills to live and survive in jungle and in every possible ways government has helped to uplift them.

The investigator chosen to work on 10 dimensions of Life Skills and studied the response of tribes on these dimensions they are: (1) Seeking social support, (2) Problem solving, (3) Self blame, (4) Keep to self, (5) Tension reduction, (6) Conflict, (7) Social action (8) Spiritual support, (9) Physical recreation, (10) Professional help

Objective of the study

The objective taken for the present study is:

- To study the effect of Life Skills on Stress of Tribal adolescent students with respect to tribes.

Hypothesis of the study

The null hypothesis formulated for the present study is:

H01 There would be no significant effect of Life Skills on Stress with respect to Tribes.

Delimitation of the Study

- The study is limited to oraon, kanwar and gond tribes of surguja district of Chhattisgarh.

METHODOLOGY

Selection of Sample

In the present research investigator has chosen a sample of total 518 students including both boys and girls. All the available population of three tribes (Oraon, Kanwar and Gond) were selected from different schools of Surguja District of Chhattisgarh State by stratified purposive sampling.

Tools

(a) Life skill Inventory:

The tool used for the study is a self made Life Skill inventory, that is, "An inventory of conventional adaptation to life skills in tribal students", is developed for which, 10 dimensions of Life Skills were taken they are: (1) Seeking Social Support, (2) Problem Solving, (3) Self Blame, (4) Keep to Self, (5) Tension Reduction, (6) Conflict, (7) Social Action, (8) Spiritual Support, (9) Physical Recreation, and (10) Professional Help. The self made inventory comprises of 60 items based on each 10 dimensions mentioned above with any three possible responses that is 'yes', 'no', and 'don't know'. Cronbach's alpha reliability quotient is 0.75.

(b) Stress Inventory for School Students (SISS):

For the measurement of Stress the tool used is Stress Inventory for School Students (SISS) prepared and standardized by Seema Rani and Dr. Basant Bahadur Singh (2008), published in H.P.Bhargava Book House, Agra. The test-retest reliability was found to be 0.80 which was not only high but also statistically significant. Likewise, internal consistency reliability by odd-even method was found to be 0.79 which was highly significant. Thus inventory possessed a sufficient degree of reliability.

RESULT AND DISCUSSION

Following result is obtained for the proposed hypotheses –

H01 There would be no significant effect of Life Skills on Stress with respect to Tribes.

To study the effect of Life Skills on stress of tribal Adolescents ANOVA is calculated and is shown below:

Source	Dependent Variable	SS	df	MS	F	Sig
Stress*Tribes	Seeking social support	3.238	1	3.238	0.688	0.407
	Problem solving	0.001	1	0.001	0.000	0.987
	Self blame	4.499	1	4.499	1.393	0.238
	Keep to self	21.283	1	21.283	4.231	0.040
	Tension reduction	12.326	1	12.326	2.997	0.084
	Conflict	15.221	1	15.221	2.348	0.126
	Social action	43.803	1	43.803	6.929	0.009
	Spiritual support	0.253	1	0.253	0.027	0.869
	Physical recreation	3.616	1	3.616	0.469	0.494
	Professional help	12.125	1	12.125	1.519	0.218
	Life Skills Total	715.208	1	715.208	3.059	0.081

Analysis of above table says that the dimensions 'Keep to self' and 'Social action' are effecting the Stress of tribal students. Further the result shows that the dimension 'Tension reduction' is having slight effect on the Stress of tribal students and finally Life Skills (total) is having slight influence over their Stress.

CONCLUSION

The present study deals with the effect of Life Skills on Stress with respect to tribes of tribal adolescents. It can be concluded that due to secretive nature and lack of sharing increases Stress in them. Moreover due to change in environment and variation in activities of school and home increases confusion in their mind leading to Stress.

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